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Canada records first serious H1N1 flu case

VIRUS An Alberta girl has been hospitalized in Canada's first serious case of the H1N1 flu, as the country's confirmed cases climbed to 140, health officials said yesterday.

Officials had expected to discover people suffering more serious effects from the virus as the disease progresses, even though all other cases in Canada have involved only mild symptoms.

"The news of this first more severe case ... is not surprising." Dr. David Butler-Jones

"The news of this first more severe case, although disconcerting, is not surprising, and it does not change the course of action we are taking," said Dr. David Butler-Jones, Canada's chief public health officer.

The girl is being treated in intensive care at an Edmonton hospital. She had not been to Mexico where the flu outbreak began and where 101 people have died, and officials do not know yet how she became infected or why her symptoms are so severe.

REUTERS

Sports pg 12

Hats off to Ovechkin and Capitals

Entertainment pg 16

New faces, familiar roles

CHRIS WATTIE/REUTERS

Ottawa Mayor Larry O'Brien walks with his wife Colleen during a break in hearings on the first day of his criminal trial at the Ottawa courthouse yesterday. O'Brien is facing charges of trying to bribe an opponent to drop out of the 2006 mayoral race and of pretending to have influence with a minister in Canada's Conservative government.

Catch it on BlackBerry

Mayor's trial won't be seen on TV, court rules

TIM WIECLAWSKI
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Anyone interested in following Mayor Larry O'Brien's trial can get a play-by-play from reporters in the courtroom sending messages from their BlackBerrys, but it won't be shown on TV.

Yesterday, Superior Court Justice J. Douglas Cunningham, the judge presiding over O'Brien's trial, ruled that BlackBerrys or similar devices would be allowed in court, but only to send and receive text data. The phone and camera features could not be used.

However, Cunningham rejected a request from the CBC to allow cameras to broadcast the trial online, saying it was made too near the trial date to be considered.

Since the trial date was set over a year ago, Cunningham said there was no valid reason why the application was not launched before April 28.

The application should have been made at least 15 days before the start of the trial and Cunningham said the CBC "failed spectacularly" to provide reason to shorten that time.

Arguing for cameras in the courtroom, CBC lawyer Daniel Henry said people in Ottawa had a direct interest in what went on in the courtroom since it "undermined the validity of the past municipal election … Not only for understanding what happened to their vote in the last election, but for evaluating whether they should vote for this candidate if he runs again in the next election," he said.

The Crown Attorney and O'Brien's defence team were both against allowing cameras in court. They argued that CBC application was submitted too close to the to start of the trial and risked delaying the trial even further.

While video of the trial will not be allowed online, instant updates via BlackBerrys and portable devices will be allowed.

Crown prosecutor Scott Hutchison expressed concerns that private or protected information could be inadvertently leaked during witness testimony that would instantly appear online and could not be deleted.

However, Cunningham said that was a risk the court would have to take.

ShareYourViews
ottawaletters@metronews.ca

'Not guilty, Your Honour'

TIM WIECLAWSKI
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COURT Mayor Larry O'Brien officially entered his plea yesterday during the first day of his trial for influence peddling and negotiating a public appointment.

The charges against O'Brien stem from allegations he offered assistance in getting former mayoral candidate Terry Kilrea an appointment to the National Parole Board, if Kilrea withdrew from the 2006 mayoral race.

Yesterday morning, O'Brien entered the courthouse, holding hands with his wife Colleen McBride.

Most of the day was occupied by media applications to allow video cameras and BlackBerrys in the courtroom.

Charges

- Pretending to have influence over the government of Canada or a minister of the government in order to gain a benefit contrary to Sec. 121(d) of the Criminal Code
- Soliciting, recommending or negotiating an appointment in order to gain a benefit, contrary to Sec. 125 of the Criminal Code

CBC NEWS ONLINE

Aside from entering the plea, neither side directly addressed the charges.

The trial will resume again this morning, then break for five days. Opening arguments will be made May 11.

According to O'Brien's lawyer Michael Edelson, the final witness list is not yet set.

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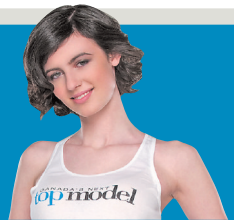
City man charged in bus incident

Police have charged a 22-year-old Ottawa man in relation to an incident on an OC Transpo bus last week. Police said that on Friday afternoon, a lone male armed with a hammer threatened a male bus passenger. Henry Otto has been charged with escape custody, uttering threats, possess weapons dangerous and two counts breach of recognizance. METRO OTTAWA

Local



City woman Top Model finalist

Ottawa retail sales associate Rebeccah, 19, left, is one of the top 11 finalists on Canada's Next Top Model, which premières on CTV on Tuesday, May 26. Each week, finalists from Vancouver to Halifax undergo image transformations and learn the skills to succeed in the industry while facing a panel of expert judges for no-holds-barred critiques. METRO OTTAWA

The Hill was alive with sound of music

SunnySide

The sound of music filled the air in Ottawa yesterday as over 350 students from city schools gathered on the steps of Parliament Hill to celebrate Music Monday.

At the same time, more than 700,000 of their peers from coast to coast assembled in their own school grounds or communities to do the same thing.

Music Monday is an annual event put on by the Coalition for Music Education in Canada, whose mission is to raise understanding and awareness of the importance of the role of music in Canadian culture. The idea behind Music Monday is that if someone were to open their front door or walk down the street on the first Monday of the month of May, the air would be filled with singing.

"I think music education is very important, particularly when we have political forces saying that music is a frill," said Boris Brott, principal youth and family conductor for the National Arts Centre Orchestra.

Brott conducted the concert on Parliament Hill.

"We're up here today so that we can be undeniably in the face of politicians to make them recognize the importance of music and music education, because it's not just about entertainment," he said.

"It's really great for kids to have creativity options," said Canterbury High School student and Music Monday participant Kaitlyn Pyett, 16.

MJ DESCHAMPS/FOR METRO OTTAWA

Countrywide

- Organizers said 2,000 schools from every province and territory across Canada registered for the event, including 58 schools from the Ottawa area.

metronews.ca
What's online today.

Blogs Josey Vogels debuts her new blog, Sexcetera

Your Money Allan Small on why diversification is just as crucial in a hot market as it is in a sinking one at metronews.ca/investing

Lotteries

Ontario Pick 3: 435; Ontario Pick 4: 3379
Encore: 4093619
Daily Keno: 1, 2, 3, 4, 5, 6, 8, 12, 13, 27, 33, 37, 40, 46, 50, 56, 59, 61, 63, 64
These results are not official.

Dutch honour Canadians

TRACEY TONG/METRO OTTAWA

Netherlands Defence Attaché Lt.-Col. Henry Schevers, left, and Ambassador of the Netherlands to Canada Wim Geerts pay their respects to those who died fighting for Dutch freedom after laying a wreath at the National War Memorial yesterday.

TRACEY TONG
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We've got our Remembrance Day, and so do they.

At the same time that Queen Beatrix of the Netherlands laid a wreath at the Dutch National War Memorial in Amsterdam, Ottawa's Dutch community — in a parallel move — paid homage to Canadians who gave their lives for the freedom of the Dutch people at the National War Memorial yesterday.

> **"Today is the day we remember those who fell for our freedom."**
> Wim Geerts, Ambassador of the Netherlands

"Since we feel one with them, we are doing the same here today," Ambassador of the Netherlands to Canada Wim Geerts said at yesterday's wreath laying ceremony.

"Why? Because freedom isn't free and it isn't to be taken for granted."

May 4 —, Remembrance Day in the Netherlands — is a day to honour the victims of war. It is customary to observe two minutes of silence at 8 p.m.

While the event honours those who died in the war, there will be new fallen heroes, said Geerts. "It's important to remember that lest we forget."

While over 7,600 Canadians died in the Netherlands during the Second World War, approximately 7,000 are buried in the three Canadian war cemeteries located in the towns of Holten, Bergen-Op-Zoom and Groesbeek, said a spokeswoman for the Embassy of the Kingdom of the Netherlands Anna Rijk.

"Today is the day we remember those who fell for our freedom," said Geerts. "It's an important event — not to forget those who died."

Years later, there is a lot of respect and gratitude within the Dutch community for Canadians who fought for the freedom of the Dutch in the war, Geerts said.

Following the ceremony, dozens of attendees laid tulips at the base of the monument in honour of those who died.

City implementing strategy to slow spread of invasive emerald ash borer

FORESTRY Ottawa's problem with the emerald ash borer is in the "very early stages," the city's manager of forestry said yesterday.

In a technical briefing session for city councillors and their staff, David Barkley said the city is implementing a strategy to slow the spread of the insect as well as a tree planting initiative and "reaching out to the community to get healthy trees into neighbourhoods."

The city is also spearheading a task force that includes government agencies to coordinate impact reduction efforts in Ottawa and Gatineau, Barkley said.

An invasive, non-native wood-boring beetle that kills all species of ash trees, the insect was discovered in Ottawa last July.

City officials said the beetle represents a serious problem for Ottawa, since ash trees make up 25 per cent of the forest cover in the area. There are 75,000 ash trees in city streets and parks.

The strategy being implemented is designed to contain the infestation, dispose of infested material and preserve and renew both urban and rural forests.

TRACEY TONG/METRO OTTAWA

Police ticket 54 drivers

Ottawa police ticketed 54 drivers for speeding during the first Race Night of the season under Project ERASE Friday. They also seized two radar detectors from vehicles. METRO OTTAWA

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Preparing for the worst

City launches annual emergency preparedness week

TRACEY TONG
tracey.tong@metronews.ca

In a place like Ottawa, a large-scale emergency seems unlikely, the city's deputy mayor said yesterday.

But it could happen, said Diane Deans.

Things like power outages, winter storms, infectious disease, water contamination, hazardous chemical releases and earthquakes are possible, she said. "And the 1998 ice storm and 2003 blackout (is proof) that Ottawa is not immune," she said.

Although Deans said the city is "ready to respond to natural disaster, industrial or environmental accidents and even a terrorist attack," emergency preparedness is also residents' responsibility, she said.

By helping themselves during an emergency, residents here can help the city, emergency workers said.

The city launched its annual emergency preparedness week yesterday, gathering members of the Ottawa police, paramedic service, fire department and Salvation Army to share information with the public.

TRACEY TONG/METRO OTTAWA

Field officer for Emergency Management Ontario Philippe Geoffrion shows a sample emergency kit to Ottawa resident Billy Yearington, 14, yesterday.

Emergency preparedness is like an insurance policy, said Nathalie Rochefort, community emergency management co-ordinator with the city's office of emergency management.

Rochefort's department works with community groups and leaders to ensure they have plans in place in case of an emergency.

What Ottawa residents can do is simple, said Rochefort — be prepared, pack an emergency kit and tell your neighbours to do the same.

Philippe Geoffrion, a field officer for Emergency Management Ontario, recommends that families keep kits with clothes, blankets, enough food and water for 72 hours, a flashlight and a crank radio and have it at the ready.

"Most of these things, people have at home," he said. "It's about getting it all together."

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Opposition calls for EI reform
Opposition parties were united yesterday in their call for changes to the employment insurance system, with the Liberals demanding reforms before Parliament's summer break. CBC NEWS ONLINE

Canada

Schreiber figure wrong: Testimony

A former spokesman for Brian Mulroney said he was never asked by his boss to correct the $300,000 payment figure circulating in the media that related to cash received from Karlheinz Schreiber because it would have been a waste of time. Luc Lavoie, testifying at the federal inquiry yesterday in Ottawa, said he had learned around 2002 that the amount Mulroney received for his services was less than the $300,000 figure cited by Schreiber. CBC NEWS ONLINE

Election would be a crapshoot: Pollster

Ignatieff's tough talk more of a warning to Harper than declaration to force election, analysts claim

While the opposition Liberals are threatening to trigger a new election to protest against government handling of the economic crisis, there is no guarantee Canadians will be voting any time soon.

Liberal Leader Michael Ignatieff, buoyed by recent polling numbers, demanded on Sunday that the minority Conservative government make unemployment payments more generous to help Canadians ride out the recession.

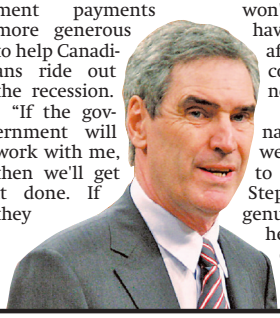
"If the government will work with me, then we'll get it done. If they won't. Then we'll have to have an election," he said after a party conference confirmed him as the new leader.

But analysts said Ignatieff's tough words were more of a warning to Prime Minister Stephen Harper than a genuine declaration that he is ready to bring down the Conservative government. They pointed to a host of reasons why an election might not happen soon.

First, Liberal support, though higher, is still not strong enough to guarantee even a narrow victory. And to bring the Conservatives down the Liberals need the support of both the other opposition parties in the House of Commons, neither of which may be in the mood to cooperate.

Nik Nanos, head of the Nanos Research polling firm, said an election now — Canada's fourth in five years — would "really be a crapshoot for either one of the main parties."

Two polls over the weekend put public support for the Liberals at 36 per cent compared with 33 per cent for the Conservatives. REUTERS



In popular support, Stephen Harper's Tories trail the Liberals, led by Michael Ignatieff, far left, poll data says.

Edmonton **The day the music thrived**

CANDICE WARD/FOR METRO CANADA

Edmonton students participate yesterday outside Alberta's provincial legislature in a nationwide, simultaneous concert aimed to raise awareness for music education and keeping music programs alive in schools. More than 700,000 students across Canada took part.

Ban on pork may bring WTO action

TRADE Canada said yesterday it will pursue World Trade Organization action against China if it maintains its ban on pork and hogs from Alberta.

The Canadian Food Inspection Agency announced Saturday it had found the H1N1 flu virus in a swine herd in Alberta, prompting the ban by China.

"China is operating outside of sound science ... should they continue on, of course, there is a WTO challenge which we would not hesitate to enact," Canadian Agriculture Minister Gerry Ritz said.

China's ban on Alberta pork and hogs is not by itself causing a major impact on pork exports since Alberta is not a big supplier to China, one official for the Canadian Food Inspection Agency said yesterday. REUTERS

News in brief

SCHOOL Homework is of little benefit to elementary school students but can be useful for older students as long as it is not simply rote learning, says a report examining 18 studies on the issue. The report, by the Canadian Council on Learning, says in some cases homework can boost achievement and that older students — from Grade 8 and up — seem "most likely to benefit from doing homework," as do lower achieving students. TORSTAR NEWS SERVICE

Benefits may be delayed 'til 2010

INFRASTRUCTURE For all the talk of a multibillion dollar spending spree on bridges, roads, and hospitals, Canada's infrastructure companies are unlikely to reap financial benefits before year's end, analysts say.

Canada plans to spend $40 billion over the next two years as it tries to dig out of an economic downturn. The sector, led by Aecon Group Inc. and SNC-Lavalin Group Inc. could eventually benefit. REUTERS

Panel calls for scientific innovation

REPORT Canada needs to step up its efforts in science, technology and innovation or risk being left behind in the global race for talent and wealth, a federal advisory panel will warn today.

The Science, Technology and Innovation Council, formed to advise the federal government on issues of science and technology, is expected to issue mixed grades on the state of innovation in Canada.

Despite a "strong science base and a robust research capacity," new discoveries are not being "sufficiently" turned into commercial products and services. That means the country is missing opportunities to "make a difference in people's lives and turn knowledge into wealth."

That's according to a memo obtained by Torstar News Service outlining "key messages" in the report, which was scheduled for release this morning.

"In a world where talent is everything, other countries are improving their education results and their support for innovative activity more rapidly than Canada," the memo says. TORSTAR NEWS SERVICE

Low skills

- As well, low literacy and numeracy skills are hindering a significant group of Canadians. The report will also shine a spotlight on low investment in research and development by Canadian companies.

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Comment & Views

Comment

The new kings of pork?

NationalReport

Back in the days of Jean Chrétien, conservatives had your proverbial field day cutting up the Liberals for the way grant money was distributed.

They would, quite correctly, point to large percentages of the funding going to Liberal-held ridings while very little went to the constituencies of opposition members. Very interesting, they said — and what a sham! The Grits were feathering the nests of their own supporters. Chrétien, said Alliance MP Jason Kenney, was "the king of pork."

The Conservatives vowed, of course, that, once in power, they would never do that kind of thing.

But now we have some news. It's been revealed that in regard to a $45-million program for disabled Canadians, Conservatives shovelled no less than 94 per cent of the funding to Conservative-held ridings. The other three parties, the Liberals, the NDP and the Bloc Québécois, divvied up the remaining six per cent.

The figures were released by Liberal MP Michael Savage, who examined the program, which is called the Enabling Accessibility Fund. What's going on is "pretty blatant," he said.

Human Resources Minister Diane Finley denied there was any favouritism involved in the process. "The awards are based on applications and the quality of those applications." In other words, she was suggesting it was just a coincidence that almost all the handicapped people in need just happened to be in Tory-held ridings.

Yes, Finley — and Elvis Presley is not only still alive, he's giving a concert in Moose Jaw tomorrow night.

Given how bitterly partisan the Harper government has shown itself to be, no one should be surprised that this kind of thing is going on. The question is the extent of it. If it is so rampant in respect to one program, in how many others is it going on as well? If the Opposition can prove it is widespread, we may have new kings of pork.

The Liberals have difficulty scoring points on such issues. Given their record on the sponsorship scandal and Shawinigate they get beaned any time they complain about anyone else. Indeed, Finley remarked last week how rich it was of them to raise it.

But that shouldn't stop them — and the other opposition parties should be all over it. The Finley analysis would appear to suggest that if another government did it, so can we. But, of course, one of the reasons the Conservatives were elected was to clean up the previous government's act.

Judging by this file and several others dealing with clean government — secrecy, one-man rule, patronage, the Cadman affair, the in-and-out controversy, etc. — they have failed the test.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

MICHAEL DE ADDER

Worth mentioning

Saudi Arabia may change laws after man marries eight year old

LAWS Saudi Arabia may ban marriage for girls below 18, a government minister said after a case of an eight-year-old girl marrying a man more than 40 years her senior drew international criticism and embarrassed the kingdom.

"Among the options that are available and excluding the issue of puberty, is to ban marriage for (people) under 18," Justice Minister Mohammed al-Eissa told Asharq al-Awsat newspaper.

He was responding to a question about his ministry's plan to deal with the marriage of young girls.

"A girl below 18 is often not fit to take the family responsibility, especially if she quickly gives birth (after marriage)," he said.

Saudi Arabia is a patriarchal society that applies an ascetic form of Sunni Islam which bans unrelated men and women from mixing and gives fathers the right to wed their sons and daughters to whomever they deem fit.

"A girl below 18 is often not fit to take the family responsibility."
Justice Minister Mohammed al-Eissa

Many Saudi clerics, including the kingdom's chief cleric Grand Mufti Sheikh Abdul-Aziz Al al-Sheikh, endorse the practice of marrying underage girls, arguing that in doing so they avoid spinsterhood or the temptation of engaging in relationships outside the wedlock.

A 50-year-old man in the small Saudi town of Onaiza agreed this week to divorce his eight- year-old bride.

REUTERS

Views

Youth depression can be beat, if treated

David Venn

Dr. Stan Kutcher

Melissa was in my office crying. At 18 years old, she had just returned from college feeling like a failure. Her interest in her friends and school had declined, and she had spent much of the last month in her room, avoiding classes and drinking. In addition, she was sleeping poorly and was not eating very much.

During our chat, she confessed that she felt her life was not worth living, and had thought about ending it with a fistful of pills. She didn't think anything could help her feel better and would roll her eyes when I'd suggest something. Melissa was young, smart, attractive, considerate, thoughtful and depressed.

Depression is a mental disorder affecting about eight per cent of Canadian youth, usually starting between the years of 14 and 25. Depression is a serious illness that may negatively affect intimate relationships, academic and vocational success, and family relationships. Frequently, it's a lifelong problem — more than 70 per cent of teenagers who experience an episode of depression will have another episode within five years.

Stigma

• Because of the stigma attached to having a mental illness, some teens may choose to suffer in silence.

Depression can be successfully treated. However, many young people with depression do not get the help they need. It may be confused with "normal teenage behaviour," so instead of receiving help, the teen is ignored or criticized.

Fast-forward five months. Melissa bounced into my office. She didn't want to stay long because she was heading out with her friends. She laughed at one of her own jokes and teased me about my messy desk. Her mood was cheerful, and she was limiting her drinking to only a few beers on the weekends. She was sleeping better, working hard, and was spending her evenings out with friends or at dance class. She was planning to go back to university in the fall and wanted to study psychology to learn more about depression.

Melissa's story represents hope for young people living with depression. We know what depression is and how it can be helped.

It's time to stop stigmatizing people who have a brain disorder called depression and to encourage them to seek the treatment that can help. It's time to make sure the care that is needed is easily available. It's time Melissa's story is the norm, not the exception.

David Venn is a project co-ordinator on the Sun Life Financial Adolescent Mental Health Knowledge Translation Team. Dr. Stan Kutcher is the Sun Life Financial Chair in Adolescent Mental Health at Dalhousie University in Halifax, N.S.

Metro Online Poll Results

63% SAID YES	Should cities accept corporate sponsorship to offset infrastructure costs?	38% SAID NO

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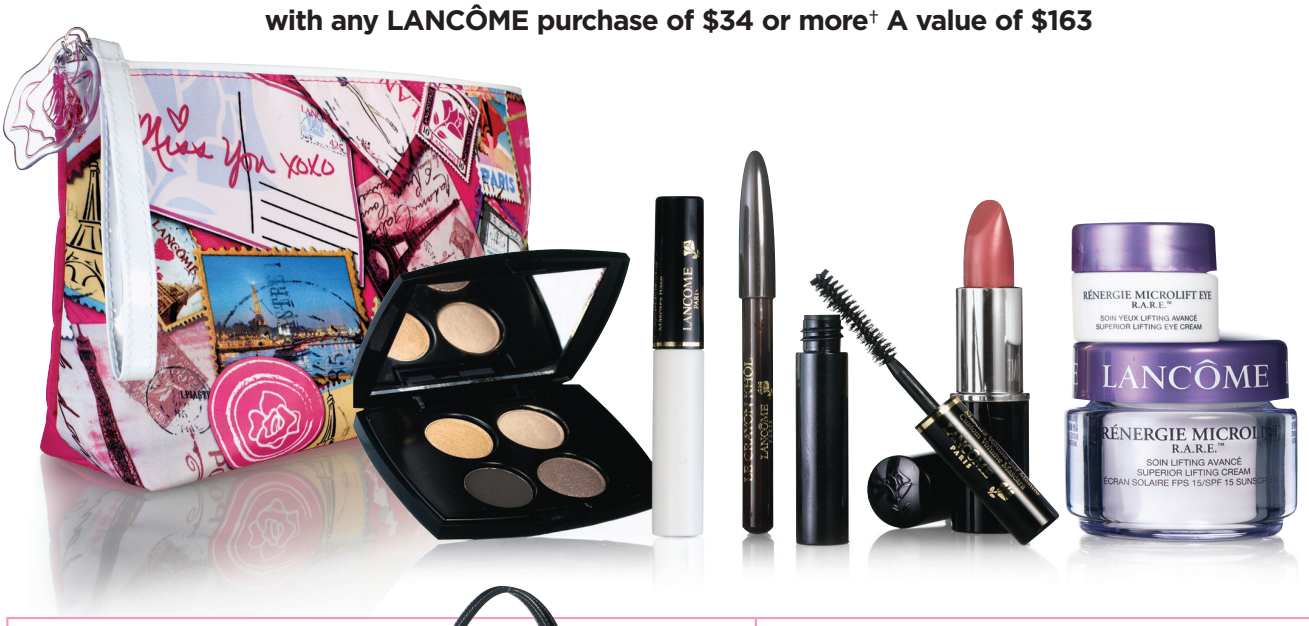

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BEAUTY *at the Bay*

Nepal's PM steps down

Nepal's Maoist Prime Minister Prachanda resigned after a crisis sparked by his sacking of the country's army chief, plunging the Himalayan republic into a political turmoil. The one-year-old Maoist-led government fired Gen. Rookmangud Katawal on Sunday, accusing him of refusing to accept the supremacy of the civilian government. REUTERS

World

Boston Globe stays alive, for now

The Boston Globe's biggest union won some breathing space after its owner, The New York Times Co., said it will not file notice of its intention to close the newspaper, at least for now. Six of the seven unions representing employees of the money-losing Globe reached tentative agreements with Times Co., which has threatened to shut the 137-year-old newspaper unless it agrees to $20 million in concessions. But the future of New England's largest newspaper remained in doubt yesterday. REUTERS

Obama sets sights on tax reforms

POLICY U.S. President Barack Obama vowed yesterday to overhaul tax policies that he said reward companies for shifting U.S. jobs overseas and allow wealthy people to evade taxes using offshore accounts.

The White House estimated the plan would save $210 billion over the next decade.

In one proposal businesses are poised to fight, Obama would tighten tax-code provisions that allow firms to defer paying taxes on profits they make overseas as long as those earnings are plowed back into the foreign subsidiaries.

REUTERS

Pakistan tries to slow Taliban

Militants continuing to spread their influence, as peace pact threatened

Pakistani forces battled Taliban fighters yesterday as the militants denounced the army and government as U.S. stooges and said a peace pact would end unless the government halted its offensive.

The February pact and spreading Taliban influence have raised alarm in the United States about the ability of nuclear-armed Pakistan — important in efforts to stabilize Afghanistan — to stand up to the militants.

Last month, U.S. Secretary of State Hillary Clinton accused Islamabad of abdicating to the Taliban while U.S. President Barack Obama expressed grave concern the government was "very fragile" and unable to deliver basic services.

Obama will present his strategy for defeating al-Qaida to Pakistan and Afghanistan leaders tomorrow amid growing U.S. concern it is losing the Afghan war.

FAISAL MAHMOOD/REUTERS

Supporters of the Sunni Tehreek religious party take part in an anti-Taliban and anti-U.S. march through Islamabad yesterday.

In the Buner valley, 100 kilometres northwest of the Pakistani capital, security forces backed by helicopter gunships and artillery attacked militants in three hamlets yesterday, residents and security officials said.

"There's been heavy firing going on since morning. It's very scary. Troops are using heavy artillery and gunships," resident Nasir Khan told Reuters by telephone.

A military spokesman said seven militants, including a commander, were killed. One soldier was killed and three wounded.

The militants were also using about 2,000 villagers as human shields, the military said.

Buner is to the southeast of the Swat valley, where in February authorities gave in to a Taliban demand for Islamic sharia law as part of a deal to end nearly two years of violence in the former tourist destination.

However, the Taliban refused to give up their guns and pushed into Buner.

REUTERS

India **Going to market**

JITENDRA PRAKASH/REUTERS

Farmers transport watermelons on their camels on the banks of the river Ganga, to sell at a market in the northern Indian city of Allahabad yesterday.

WHO undecided if H1N1 is a pandemic

VIRUS The World Health Organization is keeping a close eye on the spread of the H1N1 virus outside North America as it tries to decide whether to declare a pandemic, a top official said yesterday.

Keiji Fukuda, WHO acting assistant director-general, said most of the people infected in Europe and Asia to date had been to Mexico, the outbreak epicentre, and had not caught the virus from the community-at-large.

It remains unclear when, or whether, the United Nations agency will raise its pandemic alert to the top of its 6-point scale. REUTERS

Infections

- The WHO has confirmed 1,025 infections, including 26 deaths, in 20 countries around the world.

News in brief

PIRATES Russian President Dmitry Medvedev yesterday suggested establishing an international court to try suspected pirates. Russia last week said it had captured a pirate vessel with 29 people on board off the coast of Somalia. REUTERS

U.S. concerned with China's military buildup
China's buildup of military power funded by a strong economy appears aimed at the United States, the chairman of the U.S. Joint Chiefs of Staff said yesterday. REUTERS

Karzai blasted for his choice of VP

Running mate accused of human rights abuse

Afghan President Hamid Karzai registered to run for re-election yesterday, but was criticized for naming a former guerrilla chief accused of rights abuses as his senior running mate.

As the Aug. 20 election draws closer, Karzai appears to be approaching an all but unassailable position, with the opposition struggling to name a contender with a broad enough support base to win.

Hamid Karzai

"I have taken this decision for the welfare and interest of the people of Afghanistan," Karzai, who has led Afghanistan since 2001, said of his decision to seek a second term.

"We will endeavour to bring security, peace and tranquillity to Afghanistan," he told reporters outside the offices of the electoral commission. "As in the past, we will make mistakes ... but we will be in the service of the Afghan nation."

Karzai selected former Defence Minister Mohammad Qasim Fahim as his senior vice-president, ignoring the pleas of the head of the United Nations mission in Afghanistan who met the president several times in recent days to persuade him to pick someone else.

UN envoy Kai Eide was "saddened" and "disturbed" by the choice of Fahim, a one-time guerrilla chief rights groups have linked to accusations of abuse, said a source close to Eide.

Brad Adams, Asia director of New York-based watchdog Human Rights Watch, said: "To see Fahim back in the heart of government would be a terrible step backwards for Afghanistan."

REUTERS

New York **Musing about models**

SHANNON STAPLETON/REUTERS

A visitor views an installation for The Costume Institute's "Models As Muse" exhibit at the Metropolitan Museum of Art in New York yesterday.

News in brief

AL-QAIDA U.S. President Barack Obama presents his strategy for defeating al-Qaida to Afghan President Hamid Karzai and Pakistani President Asif Ali Zardari tomorrow at the White House amid growing U.S. concern it is losing the war and neither is a reliable ally. REUTERS

Aussies blasted on climate plan

CARBON Australia needs to declare its commitment to cut carbon emissions before the Copenhagen summit in December or risk weakening the outcome of global climate talks, the head of the UN climate panel said yesterday.

Australia announced a one-year delay an major changes to its carbon trading plans yesterday, citing the global economic recession for the need to delay the start date until July 2011 but the country may raise its target for cutting emissions.

REUTERS

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GM takes $500 million in Canadian loans

General Motors Corp.'s Canadian unit accepted $500 million in short-term loans from the federal and Ontario governments yesterday to help it restructure in time to qualify for longer-term aid. The funding is to be used only for working capital while GM revamps ahead of a June 1 deadline imposed by Washington and Ottawa. REUTERS

Business

DOLLAR		OIL	TSX
0.90¢	C$ 85.22¢ US US$ $1.1735	$54.47 US $1.27	9,870.37 373.41

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

RIM sees big retail market, plans next-generation Storm

TECH Research In Motion is planning a next-generation version of its touchscreen BlackBerry Storm smartphone as part of a continuing push into the retail market, its co-CEO said yesterday.

"We see this very large and untapped consumer market," Jim Balsillie said during a presentation to analysts and investors, adding that more than half of RIM's 25 million subscribers now fall into the non-corporate category.

Asked about whether the Storm — which debuted to mixed media reviews last year — has been a hit, Balsillie said "that product was a huge success in terms of sales and adoption." The Storm was seen by many analysts as RIM's answer to Apple's popular iPhone. REUTERS

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See in-store for details.

the Bay

Outbreak hurts hog businesses

Flu hitting production, orders

North American meat-packing companies sliced pork production this weekend amid import bans and an apparent slide in retail orders due to the H1N1 flu, which has also caused exports from Canada to tumble, sources said yesterday.

The hog market was reeling for a second week amid fears of the flu virus that has infected more than 1,000 people around the world. About 20 countries have banned imports of pork, pigs and other meat from the United States, Canada and Mexico.

For the first time, the current strain of flu was detected in a herd of pigs over the weekend. The animals, in Alberta, were infected by a person who had been to Mexico.

Canada Pork International, an export promotion group, said pork exports have dropped 10 to 15 per cent since the virus was detected in the swine herd.

The number of hogs slaughtered by U.S. meat packers Saturday tumbled 63 per cent from a year ago, as the import bans took a toll on trade.

Buy orders from retailers also could be dropping, even though this strain of H1N1 flu is now passing from human to human and not being passed along by pigs. REUTERS

Exports

- Canada exported 1.1 million tons of pork last year, accounting for more than half of its production.

JOHANNES EISELE/REUTERS

Sergio Marchionne, CEO of Fiat, arrives for a meeting in Berlin yesterday to convince Germany's political leaders of his plan to create a European car giant with the acquisition of General Motors Corp.'s Opel unit.

Group seeks to block Chrysler/Fiat alliance

AUTO A group of investment funds sought yesterday to block Chrysler's planned alliance with Italian automaker Fiat SpA.

The dissenting lenders led by Oppenheimer Funds and Stairway Capital argued in a New York bankruptcy court that the sale proposal was "orchestrated entirely by the U.S. Treasury and foisted upon the debtors."

A lawyer for the group, Tom Lauria, said some identified publicly in the politically charged reorganization have received death threats, "which they perceive as being bona fide."

Chrysler has asked to schedule a hearing as soon as May 21 to approve a $2-billion US sale of most of its assets.

Meanwhile, Fiat CEO Sergio Marchionne said Sunday his company could seek a merger with General Motors Corp.'s Opel unit, then spin off and list the combined entity. REUTERS

Interest rates/Savings accounts
METRO NEWS SERVICES

BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	Scotia	TD
1.25%	1.25%	1.05%	1.6%	1.5%	1.2%	1.0%	1.25%	1.0%

Note: Please check bank websites as some rates require a minimum account balance.

Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

R-E-S-P-E-C-T spells rich

Treat your wallet well and it will do the same for you

SmartCookies

metronews.ca/smartcookies

Smart Cookies believe that just like any other healthy relationship, your relationship with money needs to involve an element of respect and kindness.

Improving your "wealth health" as we like to call it, can be done in a few easy steps:

• Ask yourself, what does my wallet say about me? Is your cash organized in a wallet or purse? Or are coins and bills crumpled and shoved away in a ragged old handbag? If you are serious about attracting more money into your life, you need to first treat the money you have with the respect and value it deserves.

• Make a list of how you are both respectful and disrespectful towards your money. Do you spend money on others when you can't afford it? Do you wash your clothes, when they are still clean and could be worn a second time? Do you wait until the last minute and send a package with express delivery, when it could be sent regular mail, with just a little bit of planning? We are willing to bet that in the instances in which you have respected your money, pleasurable things have happened, while in the other instances, you have experienced unhappy consequences.

• Be positive about money. Being a Smart Cookie is not about doom and deprivation. Rather it is about focusing on the positives and attracting more money into your life. If you grew up believing that money was evil, that you needed to hoard your money, or that to want to make money is selfish, you likely still allow these beliefs to control you and the way you approach life.

If you catch yourself talking about what you don't have, stop yourself. Instead, shift your thinking. Start focusing on what you really want and how it will feel once you have it. And of course, be grateful for what you already have.

• Pay yourself first. We've all heard this before, but are we actually doing it? Respect yourself and what your money can do for you in helping you reach your goals. Even if you can only afford $25 each month, make sure that that money is automatically transferred off the top each month into your dream fund.

• Respect your stuff. Although material items are just that, you need to respect them, and the amount of money you spend on acquiring them. Think of all the money you could have, if you stopped spending money on replacing things.

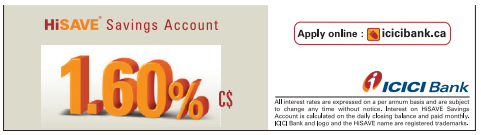
Email smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

Allan Small discusses how important it is to diversify. Visit metronews.ca/investing



Always have a backup plan

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Q Two months ago, my husband's company reduced his work-week to four days. Last week, the company put all employees on two days of work per week. Now we cannot meet our financial obligations. What can we do?

— Olivia

A To quote a certain popular figure south of our borders: "It will get worse before it gets better." With many financial institutions awash in red ink, it's not surprising that other industries will follow. This past weekend made history, as Chrysler sought bankruptcy protection and filed for Chapter 11. The ripple effect will be felt in Canada, with many sectors directly and indirectly related to the auto industry.

Part of a family's budget should have some contingency plan in place, in the event of circumstances such as yours. Under normal circumstances, the possibility of a partner's job loss should be considered. In our current environment, it is much more of a reality.

Your husband should consider other employment, full-time and part-time. Seek other family support, emotionally and financially, if they are able. Cut all expenses that are not a necessity.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

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VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. VOLUNTEERS MUST BE EMPLOYED AND NOT RECEIVED VENLAFAXINE OR EFFEXOR (XR) IN THE PAST YEAR. Treatment duration is approximately 12 weeks and includes a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-70 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no significant drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed.	■	■
I am having difficult sleeping.	■	■
I am feeling low in energy and slowed down.	■	■
My appetite has changed.	■	■
I am experiencing feelings of guilt.	■	■
I have lost interest in work and pleasurable activities.	■	■
I feel hopeless about the future.	■	■
I feel tense and anxious.	■	■
I am having difficulty making decisions.	■	■
I am having trouble concentrating.	■	■

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Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence.
Research programs are reviewed by an ethics review board.

Mine That Bird will bid for second leg of Triple Crown

Mine That Bird is headed to the Preakness. The trainer of the former Canadian two-year old male champion who won the Kentucky Derby at 50-1 odds said his horse will run in the May 16 second leg of the Triple Crown. METRO NEWS SERVICES

Sports

"We all know who the real No. 1 is ... Quite frankly, I'm the best in the world."

Serena Williams at the Italian Open yesterday, on being overtaken in the WTA rankings two weeks ago by Dinara Safina. The Russian Safina, who holds the No. 1 ranking despite never winning a Grand Slam title, says her position is well-deserved. "Last year I won four titles," she said. "So I think I belong to this, because this doesn't come out of sky." METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

SCOREBOARD

NHL

YESTERDAY'S RESULT
Washington 4 Pittsburgh 3

TONIGHT'S GAMES
Vancouver at Chicago
Detroit at Anaheim

NBA

YESTERDAY'S RESULTS
Orlando 95 Boston 90
Houston at L.A. Lakers

TONIGHT'S GAMES
Atlanta at Cleveland
Dallas at Denver

MLB

YESTERDAY'S AL RESULTS
Baltimore 8 Tampa Bay 4
Minnesota 7 Detroit 2
Boston at N.Y. Yankees
Cleveland at Toronto
Chicago White Sox at Kansas City
L.A. Angels at Oakland

YESTERDAY'S NL RESULTS
Milwaukee 7 Pittsburgh 4
N.Y. Mets 6 Atlanta 4
Washington 9 Houston 4
Cincinnati at Florida
San Francisco at Chicago Cubs
Philadelphia at St. Louis
Colorado at San Diego
Arizona at L.A. Dodgers

Sports in brief

NHL New York Rangers forward Markus Naslund has told the team he is retiring, according to the New York Post. The 35-year-old signed a two-year contract with the Rangers last year after 11 seasons with Vancouver. METRO NEWS SERVICES

Hats off to Ovechkin

Alex Ovechkin notched his first career playoff hat trick, leading the Washington Capitals to a 4-3 decision over the Pittsburgh Penguins in Game 2 of their Eastern Conference semifinal battle in Washington last night.

David Steckel provided the other goal for the Capitals, who lead the set 2-0 and hadn't won the first two games of a playoff series since the 2003 Eastern quarterfinals against Tampa Bay.

Viktor Kozlov and Sergei Fedorov each contributed two assists and Simeon Varlamov stopped 33 shots.

Sidney Crosby equaled his Capitals counterpart with a three-goal game for the Penguins, who have not faced an 0-2 series deficit since the 2008 Stanley Cup Finals with Detroit.

JIM YOUNG/REUTERS

Alex Ovechkin celebrates his third goal last night.

Marc-Andre Fleury allowed four goals on 33 shots in the setback.

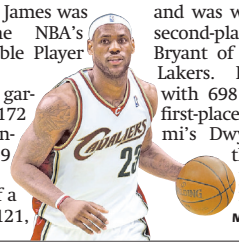
The series shifts back to Pittsburgh for Game 3 on Wednesday.

Ovechkin rocketed home a dish by Mike Green from the left circle, and the Caps led 3-2, with 7:07 left in regulation. The go-ahead score came just four seconds after Pens forward Evgeni Malkin was sent off for tripping.

Ovechkin finished off the hat trick almost 2 1/2 minutes later, using Pittsburgh defenceman Sergei Gonchar as a screen and ripping a wrister high over Fleury's glove for a 4-2 Caps lead. METRO NEWS SERVICES

LBJ has his MVP

NBA LeBron James was named the NBA's Most Valuable Player yesterday.



James garnered 1,172 points, including 109 first-place votes out of a possible 121, and was well ahead of the second-place finisher, Kobe Bryant of the Los Angeles Lakers. Bryant finished with 698 points and two first-place votes, while Miami's Dwyane Wade was third with 680 points and seven first- place tallies. METRO NEWS SERVICES

NBA Playoffs Magic pound Celts

ADAM HUNGER/REUTERS

Dwight Howard goes to the net last night. Orlando led by as much as 28 and beat Boston 95-90 to open a 1-0 lead in their Eastern Conference semifinal. For a recap of Game 1 of the Rockets/Lakers series, visit metronews.ca/sports.

Canada ends round robin with shootout loss

WHC RESULT

Finland 4, Canada 3 (SO)

IIHF Hannes Hyvonen scored the game-winner in the shootout, as Finland earned its way into the quarterfinals with a 4-3 decision over Canada in the Group F finale. Niko Kapanen, Tuomas Pihlman and Anssi Salmela tallied for the Finns, who had to win in regulation in order to finish first in the group. Pekka Rinne stopped 29 shots in regulation. Dany Heatley picked up two goals for the Canadians, who finished first in Group F and will face Latvia, the fourth-place nation from Group E, in a Thursday quarterfinal. Dwayne Roloson made a spectacular 50 saves in regulation. METRO NEWS SERVICES

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SPECIAL FOCUS ON:
Fitness

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Workout on the go

Fitness can happen anywhere, anytime, explains trainer

CELIA MILNE
for Metro Canada

"I can't afford a gym." "I don't have time to exercise." These excuses just don't cut it, says personal trainer Jennifer Cohen.

She believes we can all get fit using our own body weight and what we have around us. "Exercise any time, anywhere, no excuses," is Cohen's motto.

Originally from Winnipeg and now living in L.A., Cohen is co-author (with Zoomer magazine's Suzanne Boyd) of No Gym Required: Unleash Your Inner Rock Star (Key Porter). She has trained Hollywood hottie Keanu Reeves as well as some of the Playboy Bunnies.

This dynamo has turned her philosophy "No Gym Required" into a brand, even developing shoes that help you burn 30 to 50 per cent more calories.

"I really believe the best exercises are the classics: Push-ups, sit-ups, squats and lunges," says Cohen. "Since all you need is your body weight and some motivation, you can actually do these at home, at the office, while traveling, and wherever the mood strikes you."

The "No Gym Required" philosophy starts with just doing something active whenever it occurs to you. "It sounds silly but just doing one small thing every day is a good habit which leads to further great lifestyle choices. If one day you commit to avoiding escalators, you are working out. Pretty soon that becomes a habit and you always avoid escalators," says Cohen.

ISTOCK PHOTO

According to personal trainer and author Jennifer Cohen, exercises you can do using your own body weight — like push-ups, sit-ups and squats — are the best workouts.

You can even use trains, planes, cars and buses as mini-gyms. "When I'm traveling I like to do exercises where I tighten my muscles, hold the contraction for three to five seconds, and then relax before repeating," says Colen. "That way my workout is subtle and I still keep my body moving." When seated, lift your toes while keeping your heels planted and hold for five seconds before releasing and repeating. Or, put your bag, purse, or suitcase on your knees and do calf raises (lift your heel but keep your toes planted). You can even alternate heel, toes, heel, toes as long as you remember to keep the muscles tight for three to five seconds, she says.

"If one day you commit to avoiding escalators, you are working out. Pretty soon that becomes a habit and you always avoid escalators."
Jennifer Cohen, personal trainer/author

To work your arms and shoulders while traveling, do tricep dips using your arm rests, as well as shrugs. Work your core by tightening your abdominal muscles. Be sure to engage the muscle and hold it for three to five seconds before repeating. "It won't exhaust you but if you do it right I guarantee you'll feel it!" says Cohen.

Build skating power

FITNESS The best way to build power for inline skating or rollerblading is plyometrics, or jump-based exercises, according to the Ottawa Inline Skating Club. These help prepare the body for sprints and maintain balance.

Box or bench jumps can be done forward or sideways. They strengthen the muscles required to push off while skating, and help stabilize the legs and core. You can use a step, bench or milk crate.

Box jumps

1. Stand facing a step, one or two feet away from it. (The higher the step, the harder the workout.)
2. Jump onto the step. Try to keep your feet together.
3. Step down and repeat as many times as possible for 30 seconds. This is one set.
4. Rest 30 seconds to one minute. Do two to three more sets.

TORSTAR NEWS SERVICE

DAVID COOPER/TORSTAR NEWS SERVICE

Do this move to power-up your legs for inline skating this summer.

Beauty must-haves

JANINE FALCON
for Metro Canada

M.A.C Studio Sculpt Foundation SPF 15
The hottest pro-artist beauty obsession at the Spring/Summer 2009 Ready-to-Wear shows last September, M.A.C's new Studio Sculpt gel-based liquid long-wear foundation smooths and hydrates with a natural satiny finish. Available for $33.50 at M.A.C boutiques and maccosmetics.com.

Home-Colour Crew
Your at-home salon is open for business: L'Oréal Paris Excellence-to-Go ($13.99) colours gently in just 10 minutes; Marc Anthony Pro Roots Touch Up, pictured, ($13) banishes roots between pro appointments. At drugstores.

Gosh Velvet Touch Waterproof Eye Liner
Liner is still a big eye-enhancing trend this season. These super-stay-put pencils can sub in if you're still not comfy with liquid. Available for $13 at Shoppers Drug Mart Beauty Boutiques.

Consonant Organic Body Care
Consonant is a new Canadian line of natural soaps, body washes and body lotions made with fair-trade, organic ingredients. Formulated without dyes, synthetic fragrance, parabens or harsh chemicals, the washes and soaps cleanse without drying. Available for $12 to $22 at The Bay and Sears.

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Misunderstood stepmothers

The J Spot
Josey Vogels
metronews.ca/thejspot

Stepmothers are often portrayed in a negative way in the media (with movies like Monster-in-Law, pictured).

While mothers will get all the glory and the badly burnt breakfast in bed next Sunday, stepmothers mostly just get a bad rap.

Blame it on the Brothers Grimm.

But while modern stepmothers are quick to reject their less-than-favourable fairy tale reputation, Wednesday Martin, author of Stepmonster: A New Look at Why Real Stepmothers Think, Feel, and Act the Way We Do says they could actually take some lessons from their wicked storybook for stepmothers.

While fairy-tale stepmothers are depicted as all powerful, real-life stepmothers are anything but, says Martin. In fact, they're profoundly disempowered, she says and as the most disempowered person in the stepfamily system primes her for burnout, exhaustion and even clinical depression. In one Canadian study, doctors discovered a syndrome that was so specific to stepmothers that they called it "Cinderella's stepmother's syndrome."

Fearing they may be perceived as the stereotypical "stepmonster," many women with stepchildren find it difficult to be normally and healthily assertive in their households and in their relations with his kids. Instead these women bend over backwards in order to be seen as nice and perfectly loving at every moment. This only sets the stage for feeling unappreciated.

"Look at yourself and say 'Mirror, mirror, on the wall,'" advises Martin. "Not because you are a homicidal narcissist like Snow White's stepmother, but because women struggling with stepmothering frequently lose sight of their own needs and identities as they attempt to 'fix' stepfamily dynamics."

A toned down version of a wicked stepmother's "coldness" may help you survive the roughest patches of stepfamily life, offers Martin. Accepting a relationship of friendly civility with your stepdaughter rather than pining to be her BFF, for example — will prevent you from feeling resentful, and may set the stage for even warmer relations down the line.

Embracing your power within your relationship with the children's father is equally important, says Martin. "You must forge an air-tight alliance with your husband or partner if your partnership is to survive the well-documented difficulties of stepfamily life," she says. "And he and you must both remember that it is reasonable for a stepmother to expect civility in her own home."

So while mothers will be getting all the limelight this Sunday, don't forget that next Sunday (May 18) is Stepmother's Day.

• For tips on how a relationship can most successfully survive when stepchildren are involved, check out my new blog Sexcetera at metronews.ca/ blogs.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Beauty must-haves

JANINE FALCON
for Metro Canada

M.A.C Studio Sculpt Foundation SPF 15
The hottest pro-artist beauty obsession at the Spring/Summer 2009 Ready-to-Wear shows last September, M.A.C's new Studio Sculpt gel-based liquid long-wear foundation smooths and hydrates with a natural satiny finish. Available for $33.50 at M.A.C boutiques and maccosmetics.com.

Cargo Timestrip Lip Gloss
Cargo's Timestrip technology means you don't have to keep track of your gloss expiry date. Slot the strip into the cap when you open the tube; when the window shows all red in nine months, it's time for a new lippie. Available for $22 to $24 at Sephora and sephora.com.

Benefit Smokin' Eyes Kit
Palettes and kits are smart spending choices: You get a co-ordinated collection of makeup for less than the cost of buying each item separately. With this one you also get easy how-tos on the always-sexy smouldering look. Available for $42 at Sephora, sephora.com and Shoppers Drug Mart Beauty Boutiques.

Consonant Organic Body Care
Consonant is a new Canadian line of natural soaps, body washes and body lotions made with fair-trade, organic ingredients. Formulated without synthetic fragrance or harsh chemicals, the washes and soaps cleanse without drying. Available for $12 to $22 at The Bay and Sears.

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THE TEETHING TEENAGER

Dr. David Lui
Dental Surgeon

As if the teenage years are not challenging enough, many of us forget that teenagers often experience something we have not dealt with since we were young children…teething!

The fact is our final set of molars usually grow in when we are between the ages of 17 to 21 years. We so affectionately refer to this molars as "wisdom teeth" for the simple reason that they arrive at a stage in our lives when we are assumed to become "wiser" individuals.

For many people, wisdom teeth erupt without any issues. You do need to keep in mind that your gums will have open wounds as the teeth erupt and this can allow bacteria easier access to the bloodstream. During this period, additional diligence will be needed to keep the area clean.

Some people may experience some pain as the molars break through the gums. This is not necessarily an indication of a problem as teething can be a painful process. Still, if you are experiencing pain, you may want to contact your dentist to ensure that all you are experiencing is teething pain.

Wisdom teeth do have a tendency to cause some problems. The primary issue can be that they become impacted. Wisdom teeth are said to be impacted when they fail to erupt through the gums properly and may remain in a horizontal position under the bone. Such a failure can lead to pain and swelling or infection of the tissue surrounding the wisdom teeth or the adjacent teeth. If this situation occurs, the wisdom teeth will usually be removed.

Even if the wisdom teeth seem to have erupted properly, it may be advisable to remove them. The addition of these extra teeth may cause crowding that can have an unsightly appearance and simply be more difficult to keep clean. In some cases, it may result in changes to your bite which can cause problems for the jaw joint.

Of course, with regular visits to your dentist, you will be able to have the development of your wisdom teeth monitored. Your dentist can advise you if yours are "keepers" or if you will have to consider removing them.

Just remember, it is perfectly normal for your teenagers to experience some degree of discomfort as wisdom teeth develop. And many of those teenagers may be returning home for the summer after a year of university. Take advantage of their return by bringing them to your dentist. Because monitoring the development of your teenagers wisdom teeth is a healthy habit…and healthier habits lead to healthier lives.

Dr. David Lui
Dental Surgeon

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Stella joins influential list

Stella McCartney has been named in Time magazine's list of the world's most influential people. The designer managed to find herself sandwiched between British Prime Minister Gordon Brown and U.S. President Barack Obama. FEMALEFIRST.CO.UK

Entertainment

Period drama

Sex And the City actress Sarah Jessica Parker is turning her back on ultra-modern fashion — she is eyeing a part in an elaborate period drama. "I'd love to do a costume drama," she said. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Adoption case adjourned

PEOPLE Malawi's Supreme Court of Appeal adjourned indefinitely yesterday a case in which Madonna is attempting to adopt a second child from the African country.

Madonna

Malawi's High Court ruled last month that the pop star could not adopt a four-year-old girl, named Mercy James, because she was not a resident of Malawi. She appealed against the ruling.

Malawi's government came under fire after Madonna adopted a 13-month-old child, David Banda, in 2006, with critics accusing it of giving her special treatment by skirting laws that ban non-residents from adopting children. REUTERS

Boldly starting over

Star Trek recruits new actors to take over familiar roles

NED EHRBAR
for Metro Canada

In revitalizing the more than 40-year-old Star Trek franchise — which hits theatres Thursday — J.J. Abrams knew that no aspect was more important than casting the crew of the USS Enterprise.

And while the challenge of finding actors to take on some of the most recognizable characters in film and television history was daunting, it was nothing compared to what the actors tasked with those roles faced.

In getting into the character of Spock, Zachary Quinto was lucky enough to have one of the best resources available right on set: Leonard Nimoy, the original Spock, who also appears in the film. "He was so available and supportive and open to my questions, many of which had to do more with the impact playing this character had on his life," Quinto says.

What came as a surprise to Quinto was how much time he ended up spending on one small but iconic aspect of Spock. "I did a lot of hand exercises to make sure I could do the Vulcan salute," he remembers. "I would rubber-band my pinky and my ring finger together and drive around L.A. because I couldn't do it at first."

While Quinto had the luxury of interacting with his predecessor, Chris Pine only had the long shadow of William Shatner to contend with. (The two actors didn't meet in person until a charity event in L.A. two weeks ago.) But Pine says he preferred not having the original Capt. Kirk hanging around. "I won't lie, I am jealous of Zachary's relationship with Mr. Nimoy," Pine says. "But I know that if I had the kind of indomitable presence of Mr. Shatner on set, it would've been hard for me to carve my own niche."

John Cho, who inherits the role of Sulu from George Takei, also had to tread carefully when developing his character. "He's got that voice, and he's become quite the icon as a person and as an actor," Cho explains. "I flirted with the idea a little bit, but it seemed like a very bad idea to do an imitation."

Karl Urban felt doubly responsible, being an actor as well as a longtime fan of Star Trek. As the acerbic Dr. (Bones) McCoy, DeForest Kelly was a major scene-stealer, and Urban doesn't disappoint. "It was quite surreal to be on the bridge of the Enterprise and to be saying some of those truly iconic lines," he says.

"The task for me was to try and identify the spirit and essence of the wonderful work that DeForest Kelly did and funnel that through my interpretation of what that character would be. There were many times where I wasn't quite sure where the line was."

PARAMOUNT PICTURES PHOTO

The crew of the USS Enterprise includes, from left, Chekov (Anton Yelchin), James T. Kirk (Chris Pine), Scotty (Simon Pegg), Bones (Karl Urban), Sulu (John Cho) and Uhura (Zoë Saldana).

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De Niro exhibit at University of Texas

A treasure trove of memorabilia from Robert De Niro's film career is to go on display at the University of Texas in Austin. The materials document the movie star's professional career from the 1960s through to 2005. FEMALEFIRST.CO.UK

DVD picks

The Curious Case of Benjamin Button

Director: David Fincher

A MAGICAL and moving account of a man living his life resoundingly in reverse, very loosely based on an F. Scott Fitzgerald short tale from 1922, it delivers top-notch moviemaking in every department. Most impressive of all is the digital breakthrough that allows Brad Pitt to age so convincingly from very old to very young, placing his face upon the forms of stand-in actors.

Nominated for multiple Oscars, include best picture and best director for David Fincher (Zodiac), the film tells the story of a baby, Benjamin, that is born in 1918 looking like a tiny old man.

The child is so alarmingly different, his father abandons him on the doorstep of a seniors' residence, where kindly Queenie (Taraji P. Henson), takes him in. It gradually dawns on Queenie that Benjamin is aging backwards.

As the years pass, a beautiful redheaded dancer named Daisy (Cate Blanchett) enters his life, and the two recognize that they are kindred spirits.

Daisy's dancing takes her to New York, Paris and back to New Orleans, following a timeline where her natural aging eventually intersects with Benjamin's unnatural youthfulness, with attendant complications of both heart and mind.

There is no abiding message. Just the wistful observation that life has a way of taking its own path, sometimes a backwards one, and we do have choices in how we travel it.

The bountiful extras, depending on which edition you purchase (there's also a Criterion Special Edition), fully explore the film's groundbreaking special effects.

Wendy and Lucy

Director: Kelly Reichardt

A LOST DOG makes for deeply felt drama in Wendy and Lucy, a film of inner turmoil painted on a minimalist's canvas.

The plot of director Kelly Reichardt's film, which she co-wrote with Jon Raymond (whose story Train Choir lit the spark), could be reduced to two lines: Woman loses dog. Woman searches for dog.

Around these mundane events, though, are a series of frustrating setbacks that help illuminate the reasons for the perpetually downtrodden expression of Indiana drifter Wendy Carroll (Michelle Williams).

Extras are few. Reichardt doesn't do commentary tracks. In her quirky manner, however, she does offer four experimental shorts by like-minded filmmakers.

TORSTAR NEWS SERVICE

HBO for the cure

New series focuses on Alzheimer's

It's been almost 15 years since former U.S. President Ronald Reagan told the world he had been diagnosed with Alzheimer's disease, hoping his disclosure would promote awareness of the heart-breaking brain disorder that slowly destroys memory.

Now, with an estimated 26 million people worldwide living with disease and a predicted 11 million by 2050 in the United States alone, a unique series by cable TV network HBO aims to change how people think of Alzheimer's so they will put time and money into finding a cure.

The unprecedented multi-platform series runs throughout May and features four documentaries, 15 short films, a book, a community outreach program and a website (www.HBO.com/alzheimers) covering every aspect of Alzheimer's.

"The numbers are growing at a rate that nobody ever fathomed. As baby-boomers age, it is coming right at us and we have to do something," said Maria Shriver, wife of California Governor Arnold Schwarzenegger and executive producer of The Alzheimer's Project.

HANDOUT/REUTERS

A scene from an episode of the HBO series The Alzheimer's Project.

"This is an epidemic for this generation. A cure is within our reach if we focus on it, allocate the money and pressure our lawmakers. If we don't, the impact has devastating consequences," Shriver told Reuters.

The Alzheimer's Project, starting on May 10, looks at the the disease's impact on victims, their families and caregivers. It also includes a science film that takes viewers inside the labs and clinics of 25 leading physicians and researchers.

REUTERS

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Morgan, Shill join Ben Hur

FILM Joseph Morgan, Emily VanCamp and Stephen Campbell Moore will star in Ben-Hur, a four-hour miniseries set to air on ABC in 2010. Steven Shill, helmer of surprise box-office hit Obsessed, is directing the adaptation of the 1880 Lew Wallace novel.

REUTERS

In brief

TV NBC has renewed paranormal crime drama Medium, sources said. Details have not been determined, but the renewal is expected to be in the 13- to 18-episode range.

SPINOFF Fox is so high on Cleveland, the upcoming spin-off of the hit animated series Family Guy, that it has ordered a second season -- months before the series has even premiered.

REUTERS

Kenya's Style
Kenya Hunt
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For complete online movie listings, trailers, reviews and tickets, visit:
metronews.ca/movies

OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
5/5/09 primetime	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		East West 101		Around the World		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	NCIS "Legend" (N)		90210 (HDTV) (N)		Durham County		News
	-	-	5	SRC	Des squelettes	Tout	Beautés désespérées (SC)		Les Galas 2007 du Festival		Le Téléjournal et Les Nou		La Zone
	209	342	6	CHRO	Instant Star	TMZ (N)	Reaper (HDTV) (N)		Dancing With the Stars		(10:02) Without a Trace (N)		Comedy Now
	196	311	7	CTV	Hollywood	etalk	American Idol		(9:01) Fringe (N)		Law & Order: SVU		News (N)
	208	303	8	CBC	To Be Announced		NHL Hockey: Western Conference Semifinal Game 3 -- Canucks at Blackhawks						The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	The Biggest Loser (N)				Law & Order: SVU		News (N)
	117	713	10	TVA	Qui perd gagne (SC)		La Fièvre de la danse (SC)		Nos étés (SC)		TVA 22 heures	(10:45) Denis Lévesque	
	-	-	11	QS	Loft Story	Suite 309	Lipstick Jungle Le film. (SC)		Pushing Daisies (SC)		Cent dix pour cent (SC)		Loft Story
	137	763	12	TFO	Panorama		La Dynamique du cerveau		*Les Égarés* ★★★ (2003, Drame)			Folie-aventure	Tournants
	-	362	13	CBS	Dr. Phil (HDTV)		NCIS "Legend" (N)		The Mentalist (HDTV) (N)		(10:01) Without a Trace (N)		Two/Half Men
	216	395	14	OMN2	Raymond	Raymond	News (N)		News (N)		Two/Half Men	King	Cold Case
	214	344	15	CITY	Law & Order: SVU		Scrubs	Friends	Rita Rocks	Friends	Curb-Enthsm	Friends	News (N)
	115	343	16	CFMT	2Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	The Biggest Loser (N)				Dr. 90210		News (N)
	-	361	20	ABC	News (N)	Entertainment	Scrubs	Better Off Ted	Dancing With the Stars		(10:02) Cupid (N)		News (N)
	512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
	651	355	25	CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	American Idol		(9:01) Fringe (N)		News (N)		News
	-	-	64	PBS	Business Rpt.	Primal Grill	Nova (HDTV) (DVS)		Nova (DVS)		Independent Lens (N)		Charlie Rose
	205	312	104	CTV	Hollywood	etalk	American Idol		(9:01) Fringe (N)		Law & Order: SVU		News (N)
news	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		CBC News: The National		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	MLB Baseball Boston Red Sox at New York Yankees. From Yankee Stadium in the Bronx, N.Y.						Sportsnet Connected		Hockey Central
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	400	280	30	TSN	That's Hockey	UEFA Champions League Soccer: Semifinal, Leg 2 -- Arsenal vs. Man Utd					SportsCentre	NHL Hockey: Conf. Semifinal	
	410	403	52	SCR	Cabby Unlimit	NBA Basketball Teams to Be Announced. (Live)					Score Tonight		Hockey Talk
cable variety	411	457	56	OLN	Dog the Bounty Hunter		Departures "Zambia"		Mantracker		Dog the Bounty Hunter		Departures
	417	406	59	SC	Pimp My Ride	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Hot Import	Hot Import	Pimp My Ride
family	554	544	48	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
	557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Survive This	Survive This	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach (DVS)		Mystery Hnt.
	570	580	29	MM	The Daily Fix		Ranked!		Hogan Knows	Hogan Knows	Entourage	Gene Simmons	The Daily Fix
	615	520	31	A&E	CSI: Miami "Deviant"		The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		Manhunters
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		UFC Unleashed		Deadliest Warrior (HDTV) (N)		Ult. Fighter
	521	560	34	TLC	Kids by the Dozen		Lottery Changed My Life III		18 Kids-Count	18 Kids-Count	Flo & Kay: Twin Savants		Lottery Chg.
	145	761	35	TV5	Survivre		Pekin express: la route des Incas			Planète	Plage	J'y suis, j'y	Journal TV5
	616	521	39	SHO	The Outer Limits		Mutant X		Testees	Trailer Park	Saving Grace (N)		House
	620	523	40	BVO	The Long Song (DVS)		At the Concert Hall		Johnny Cash: The Man, His World, His Music			Bravonews	Law & Order
	520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Time Warp (N)	Deadliest Catch (N)		Daily Planet
	575	583	43	CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Toby Keith
	601	562	45	SLC	Skin Deep	Til Debt-Part	Rich Poor	Rich Poor	Rich Bride, Poor Bride		Rich Bride, Poor Bride		ET Canada
	625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Roast of Pamela Anderson		Daily Show
	294	529	47	TBS	MLB Baseball New York Mets at Atlanta Braves. (HDTV) From Turner Field in Atlanta. (Live)						Home Videos	Seinfeld	Family Guy
	600	564	49	H&G	House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	Design Inc.	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		*Star Trek: First Contact* ★★★ (1996, Science Fiction) Patrick Stewart.					Star Trek	Stargate SG-1
	581	566	53	MTV	Room Raiders	After	Canada's Next Top Model		Beatdown	College Life	College Life	Beatdown	MTV Live
	618	524	54	TROP	Vanity Insanity	Tube Tales	Tube Tales	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	522	506	55	HIS	NCIS "About Face"		Sandhogs "Meltdown"		Crime Stories		NCIS "About Face"		Marine Mach.
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	261	394	61	V	Murder, She Wrote		Watchtower	On the Buses	Quantum Leap		I Prophesy	Supernatural	Poltergeist
	602	567	62	W	Will & Grace	Friends	Remedy Me	Keep Real	Style by Jury	Style by Jury	Miss Naked Beauty (N)		Maxed Out
	269	350	70	APTN	Wings-Canada	Storytellers	Wapos Bay	Cashing In	Fish Out	Mixed Blessing	The Rez	Rabbit Fall	Moccasin Flats
	621	527	71	TLK	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Look-A-Like	Look-A-Like	The Tonight Show-Jay Leno		TMZ
	603	561	95	FN	Chef at Home	French Food	Restaurant Makeover		The F Word		Good Eats	Good Eats	Iron Chef Am.

critics' corner

Fringe

Olivia starts having elaborate (and wide-awake) visions. Walter confesses his previous knowledge about the Z.F.T. manifesto. Peter's secret project is exposed, yielding some unexpected help in unraveling the mystery in the new episode "The Road Not Taken." 9:01 PM on 7 CTV 36 FOX 104 CTV

The Biggest Loser

The contestants learn that final challenge is to run a full marathon, a 26.2-mile course, with those who complete the marathon getting a $10,000 bonus for the charity of their choice. After a "last-chance workout," viewers determine who will be the third finalist in the season finale. 8 PM on 9 NBC 18 E!

Without a Trace

The team races against the clock to find a teenager who was last seen in an amateur video being psychologically tormented by her unseen captor in the new episode "Devotion." Series star Anthony LaPaglia came up with the idea for this episode's story line. 10:01 PM on 13 CBS; 10:02 PM on 6 SHRO

Jackman crossing over

Hugh Jackman will produce and star in a screen adaptation of Doug TenNapel's graphic novel Ghostopolis, about a supernatural immigration task force agent who teams up with a female ghost to retrieve a boy accidentally sent to the other side. THE HOLLYWOOD REPORTER

Celebrity Buzz

Meeting Bruno traumatic: Paula

PEOPLE Paula Abdul says meeting Sacha Baron Cohen in character left her traumatized for a year, femalefirst.co.uk reports.

The American Idol judge — who had no idea she was being filmed for Cohen's latest alter-ego, flamboyant Austrian fashion reporter Bruno, for his new movie — said: "It was hysterical, but it was so disturbing.

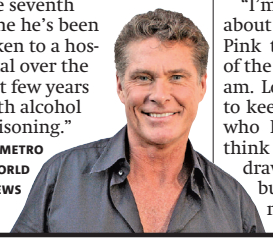
"It is the most interesting, wacked-out situation that happened to me. I was scarred for my life for a year. I walk into the home, and I'm greeted by this futuristic Captain Nemo-looking dude with a Mohawk and he's flaming. And I'm going, 'Oh, this is going to be one of those fun Japanese game shows.' I'm like, 'OK, this is weird.'"

METRO WORLD NEWS

The Hoff suffers alcohol poisoning?

HEALTH David Hasselhoff was reportedly found unconscious at his home in Encino, Calif., due to alcohol poisoning, according to radaronline.com.

He was allegedly "barely breathing when they got him to the hospital," a source reportedly says to the website. "This is about the seventh time he's been taken to a hospital over the last few years with alcohol poisoning."



METRO WORLD NEWS

Not retiring yet: Naomi

CAREER The supermodel Naomi Campbell has herself dismissed reports she's retiring from the runway to start a family — and says she's not finished with fashion yet, femalefirst.co.uk reports.

The 39-year-old recently revealed she dreams of motherhood and one day plans to slow down her career — prompting speculation she wants to retire and settle down with tycoon boyfriend Vladislav Doronin.

She said, "It'll be 25 years (as a model) next year. In terms of fashion shows, I don't really see myself doing every show everywhere. I'm a woman and I'd like to be a mother one day."

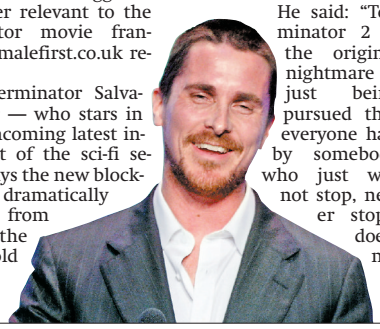
But she's not ready to quit just yet. Her spokesperson told the website earlier this week, "She's absolutely not retiring from fashion. She loves what she does for a living and she's not planning to retire."

METRO NEWS SERVICES

Arnie's Terminator passé: Bale

MOVIES Christian Bale says Arnold Schwarzenegger is no longer relevant to the Terminator movie franchise, femalefirst.co.uk reports.

The Terminator Salvation star — who stars in the forthcoming latest installment of the sci-fi series — says the new blockbuster is dramatically different from when the 61-year-old actor-turned-politician played the title character in 1984.



He said: "Terminator 2 is the original nightmare of just being pursued that everyone has, by somebody who just will not stop, never stops, doesn't give up. When you've got someone who looked like Schwarzenegger coming after you it made a big difference but nowadays, it wouldn't really — we've seen so many guys who imitated him and it just became a little passé."

Although pleased with the results, Bale says disassociating the movie from Schwarzenegger's cyborg assassin role in the sci-fi hit The Terminator was a challenge.

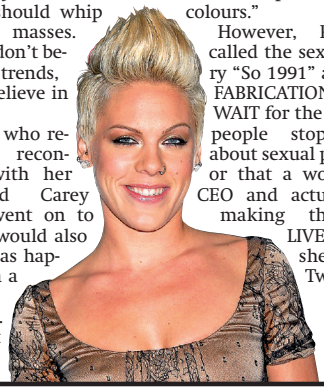
METRO NEWS SERVICES

Not just a song: Pink's coming out

SEXUALITY Grammy-winning singer Pink has talked about her sexual encounters with women in the past — but in a new interview, the singer talks for the first time about being bisexual, The Advocate reports.

"I'm not embarrassed about being bisexual," Pink told the U.K.'s News of the World. "This is who I am. Love is pure and I try to keep it that way. This is who I am, what I feel. I think it's unnecessary to draw the subject out, but I think it even more stupid not to discuss it. It seems as if bisexuality is a trend and I should whip up the masses. Well, I don't believe in trends, I just believe in me."

Pink, who recently reconciled with her husband Carey Hart, went on to say, "I would also be just as happy with a new woman. I'm not complicated, I sing about love in all its shapes, forms and colours."



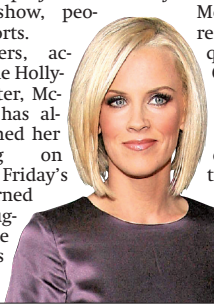
However, Pink has called the sexuality story "So 1991" and "100% FABRICATION." "Cant WAIT for the day when people stop talking about sexual preference or that a woman is a CEO and actually start making the world LIVEABLE," she wrote on Twitter.

METRO NEWS SERVICES

Jenny heads to TV land?

TELEVISION The outspoken Jenny McCarthy is joining forces with TV's queen of talk, Oprah Winfrey — for, among other projects, her own talk show, people.com reports.

For starters, according to the Hollywood Reporter, McCarthy, 36, has already launched her own blog on oprah.com. Friday's entry concerned PMS and sugar. The trade paper likens McCarthy's chances to break through to those others who previously have aligned with Winfrey, including Rachael Ray and Dr. Phil.



McCarthy has already been a frequent guest on The Oprah Winfrey Show, discussing, among other topics, how she took on the medical establishment to deal with her son Evan's autism.

METRO NEWS SERVICES

Maggie and Peter wed

MARRIAGE Maggie Gyllenhaal and Peter Sarsgaard made it official on Saturday: The longtime couple, who have a daughter together, tied the knot in a romantic wedding in Italy, people.com reports.

"We are happy to confirm that Maggie and Peter were married on Saturday, May 2," the actress' rep said in a statement to People. The celebration took place in a small chapel in Brindisi, according to European news reports. Among the guests were Jake Gyllenhaal and Reese Witherspoon.

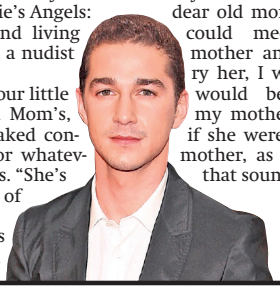
GETTY IMAGES

METRO NEWS SERVICES

Shia's Oedipus complex?

CONFESSION Transformers star Shia LaBeouf opens up to Playboy, telling the magazine about the trials of going through puberty on the set of Charlie's Angels: Full Throttle and living in a home with a nudist mother.

"You've got your little buds over, and Mom's, like, playing naked connect the dots or whatever," LaBeouf says. "She's in the middle of goddess-group time, where it's literally a bunch of naked women tracing auras around one another's bodies."



When asked who he finds sexy, LaBeouf says it's dear old mom. "If I could meet my mother and marry her, I would. I would be with my mother now, if she weren't my mother, as sick as that sounds."

METRO WORLD NEWS

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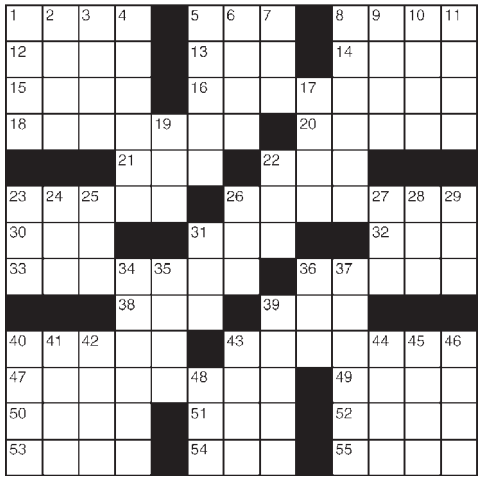
Take Five



Crossword across

1 Amorphous movie monster
5 Zero
8 Cold War initials
12 Philbin's co-host
13 Raw rock
14 Entreaty
15 Exam format
16 Michael Jackson step
18 Portable music player
20 Two under par
21 Help
22 Supporting
23 NYC borough
26 Authoritative command
30 Oklahoma city
31 April 15 payment
32 — de deux
33 — bread
36 Become less intense
38 Boston team, for short
39 Make marginalia
40 Marble type
43 Wacko
47 Courtroom agenda
49 Get wind of
50 Duel tool
51 Bookie's due, briefly
52 Therefore
53 Line of fashion?
54 Hearty brew
55 Serves the purpose

Crossword down

1 Forehead
2 Old Italian money
3 October birthstone
4 Romanian, e.g.
5 Wanderer
6 Press
7 Zodiac cat
8 To the sky
9 Refinery waste
10 Hawk
11 Croupier's tool
17 Night light?
19 Blend
22 Send quickly
23 Foul
24 Mineral stat
25 Feedbag tidbit
26 Welcome sight?
27 Suitable
28 Greek cross
29 Kreskin's claim
31Monkey suit
34 Honour
35 Yuletide refrain
36 Parcel of land
37 Left a good impression?
39 Arbiter
40 Experts
41 Stare open-mouthed
42 Cruising
43 Perform perfectly
44 Re planes
45 Wise one
46 Cupid's alias
48 Eggs

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	6	2	1					7
				2	6		8	3
	4	8						
		3		4				5
	1						2	
8				5		7		
						1	5	
1	2		5	9				
5					7	8	4	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

4	6	7	5	3	2	1	9	8
9	1	5	8	4	6	3	2	7
2	8	3	9	1	7	4	6	5
5	9	1	6	8	4	2	7	3
3	2	6	7	5	9	8	1	4
8	7	4	1	2	3	6	5	9
7	4	8	2	6	5	9	3	1
6	3	9	4	7	1	5	8	2
1	5	2	3	9	8	7	4	6

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Pesto Fish Cakes

INGREDIENTS:

1 lb (500 g) potatoes, peeled and cut into cubes
3/4 lb (375 g) skinless firm white fish fillets
6 3/4 tbsp (100 ml) 1 per cent milk
salt and freshly ground black pepper
3 scallions, finely chopped
finely grated zest of 1 lemon
2 tbsp (25 ml) pre-made pesto
1/4 cup (50 ml) plain flour
1 cup (250 ml) fresh whole-wheat breadcrumbs
1/4 cup (50 ml) grated parmesan
1 large egg, beaten
8 small tomatoes, halved
sprigs of fresh flat-leaf parsley to garnish

METHOD:

1. Cook potatoes in pot of boiling water until tender, 15 minutes.
2. Put fish in deep non-stick frying pan with milk and seasoning. Bring almost to boiling, then reduce heat, cover and poach until flakes when tested with a fork, 5 minutes. Remove fish and flake flesh, discarding bones. Reserve milk.
3. Drain potatoes and mash. Add fish to potatoes with scallions, lemon zest, pesto and 1 1/2 tbsp (20 ml) poaching milk for soft mixture. Season to taste. Allow mixture to cool.
4. Shape fish mixture into eight thick flat cakes and dust all over with flour. Combine breadcrumbs and parmesan on plate. Coat fish cakes in beaten egg and then crumbs. Chill until ready to cook.
5. Preheat oven to 375 F (190 C). Place the fish cakes on non-stick baking tray with halved tomatoes. Bake 20 minutes. Serve garnished with parsley.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Don't let anybody tell you how to act. There's no such a thing as too much fun. Make a diversion after a dim-witted dispute.

TAURUS
APRIL 21-MAY 21
Your contribution is appreciated. Truthfulness is at stake during a wild excursion. Make things right with your heart.

GEMINI
MAY 22-JUNE 21
An impromptu remark limits chances to dazzle others. Indulge yourself with a bath to calm down. Be appreciative to those who contribute.

CANCER
JUNE 22-JULY 22
A digestive problem is affected by anxiety. Stop anticipating a change in strategy. A former friend will sway other people's opinions.

LEO
JULY 23-AUG 23
Plan activities that rest your mind. Withdraw from an alliance with a spendthrift. A hassle results when a folder is rearranged.

VIRGO
AUG 24-SEPT 22
You'll learn something from a grateful person. Don't torment yourself after a quarrel. The secret solution to a late call is to be unavailable.

LIBRA
SEPT 23-OCT 23
Open your eyes to find a lost love. Have a serious chat but don't do battle. A dreamer gets the go-ahead.

SCORPIO
OCT 24-NOV 22
An eccentric person is freed from a load. Someone will complain about naughtiness. Don't torment anyone about past quarrels.

SAGITTARIUS
NOV 23-DEC 21
Don't abandon loved ones who have money problems. Faith in true love changes a love match. An abrupt termination comes under scrutiny.

CAPRICORN
DEC 22-JAN 20
Fear can't keep you from trying something out. A lonely person notices what is said. You'll get satisfaction from someone's removal.

AQUARIUS
JAN 21-FEB 18
You'll be bored by an arrogant fool. A nasty mood provokes a sudden roar. Don't condone bad behaviour and poor judgment.

PISCES
FEB 19-MARCH 20
A sighing friend needs some hearty laughter. A youth can spread as much joy as possible. A faithful person does the accepted thing.

WORDY GURDY

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Bono's band's ballet skirts (2)
2. Happy alum (1)
3. Obstruct a wall timepiece (1)
4. Not so wet monk like Tuck (2)
5. Actor Wesley complains (1)
6. Insanity awfulness (2)
7. Potato chip brand's songs in commercials (2)

ANSWERS
1. U2S TUTUS 2. GLAD GRAD 3. BLOCK CLOCK 4. DRIER FRIAR 5. SNIVES GRIEVES 6. MADNESS SADNESS 7. FRIDGES SIDGES

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